

**AMENDMENTS TO THE CLAIMS**

- 1.-20. (Cancelled)
21. (Currently Amended) A hormone comprising at least one modified  $\Delta 5$ -androstene compound, wherein said compound is modified ~~at the third carbon, the seventeenth carbon or the third and seventeenth carbons~~ with a modification selected from the group consisting of a tetrahydropyranol ether at the seventeenth carbon or the third and seventeenth carbons, a 1-methoxycyclopentane ether at the third carbon, the seventeenth carbon or the third and seventeenth carbons, a cyclopent-1'-enyl ether at the third carbon, the seventeenth carbon or the third and seventeenth carbons, and combinations thereof, and wherein said third and seventeenth carbons are not otherwise modified.
22. (Previously Presented) A hormone according to claim 21, wherein said compound is modified at the third carbon.
23. (Previously Presented) A hormone according to claim 21, wherein said compound is modified at the seventeenth carbon.
24. (Previously Presented) A hormone according to claim 21, wherein said compound is modified at both the third and seventeenth carbons.
25. (Currently Amended) A hormone of any of claims 21-24 wherein the ~~modification produces~~ modified  $\Delta 5$ -androstene compound has a substantial increase in oral bioavailability and plasma half life in mammals as compared to non-modified  $\Delta 5$ -androstene compounds.
26. (Currently Amended) A hormone according to claim 21, wherein the at least one modified  $\Delta 5$ -androstene compound is selected from the group consisting of:  $\Delta 5$ -androstene-3 $\beta$ -ol-7-one-17 $\beta$ -(1-methoxycyclopentane ether);

~~$\Delta^5$ -androstene-7-one-3b,17b-di(1-methoxycyclopentane ether);  
 $\Delta^5$ -androstene-7-one-17b-ol-3b-(1-methoxycyclopentane ether);  
 $\Delta^5$ -androstene-3b,7a-diol-17b-(1-methoxycyclopentane ether);  
 $\Delta^5$ -androstene-7a-ol-3b,17b-di(1-methoxycyclopentane ether);  
 $\Delta^5$ -androstene-7a,17b-diol-3b-(1-methoxycyclopentane ether);  
 $\Delta^5$ -androstene-3b-ol-7-one-17b-(cyclopent-1'-enyl ether);  
 $\Delta^5$ -androstene-7-one-3b,17b-di(cyclopent-1'-enyl ether);  
 $\Delta^5$ -androstene-7-one-17b-ol-3b-(cyclopent-1'-enyl ether);  
 $\Delta^5$ -androstene-3b,7a-diol-17b-(cyclopent-1'-enyl ether);  
 $\Delta^5$ -androstene-7a-ol-3b,17b-di(cyclopent-1'-enyl ether);  
 $\Delta^5$ -androstene-7a,17b-diol-3b-(cyclopent-1'-enyl ether);  
 $\Delta^5$ -androstene-3b-ol-7-one-17b-(tetrahydropyranol ether);  
 $\Delta^5$ -androstene-7-one-3b,17b-di(tetrahydropyranol ether);  
 ~~$\Delta^5$ -androstene-7-one-17b-ol-3b-(tetrahydropyranol ether);~~  
 $\Delta^5$ -androstene-3b,7a-diol-17b-(tetrahydropyranol ether); and  
 $\Delta^5$ -androstene-7a-ol-3b,17b-di(tetrahydropyranol ether); and  
 ~~$\Delta^5$ -androstene-7a,17b-diol-3b-(tetrahydropyranol ether).~~~~

27. (Currently Amended) A method for improving the health of a human comprising administering an effective amount of a supplement having at least one modified  $\Delta^5$ -androstene compound to said human, wherein said compound is modified ~~at the third carbon, the seventeenth carbon or the third and seventeenth carbons~~ with a modification selected from the group consisting of a tetrahydropyranol ether at the seventeenth carbon or the third and seventeenth carbons, a 1-methoxycyclopentane ether at the third carbon, the seventeenth carbon or the third and seventeenth carbons, a cyclopent-1'-enyl ether at the third carbon, the seventeenth carbon or the third and seventeenth carbons, and combinations thereof, ~~and wherein said third and seventeenth carbons are not otherwise modified, and wherein the improvement~~

in health comprises one or more of the following: improving weight loss, increasing energy, reducing fatigue, improving memory, improving muscular wasting, increasing HDL, and increasing T3 thyroid hormone activity.

28. (Previously Presented) A method according to claim 27 wherein said compound is modified at the third carbon.
29. (Previously Presented) A method according to claim 27 wherein said compound is modified at the seventeenth carbon.
30. (Previously Presented) A method according to claim 27 wherein said compound is modified at both the third and seventeenth carbons.
31. (Currently Amended) A method according to claim 27 wherein said compound is selected from the group consisting of:  
Δ5-androstene-3b-ol-7-one-17b-(1-methoxycyclopentane ether);  
Δ5-androstene-7-one-3b,17b-di(1-methoxycyclopentane ether);  
Δ5-androstene-7-one-17b-ol-3b-(1-methoxycyclopentane ether);  
Δ5-androstene-3b,7a-diol-17b-(1-methoxycyclopentane ether);  
Δ5-androstene-7a-ol-3b,17b-di(1-methoxycyclopentane ether);  
Δ5-androstene-7a,17b-diol-3b-(1-methoxycyclopentane ether);  
Δ5-androstene-3b-ol-7-one-17b-(cyclopent-1'-enyl ether);  
Δ5-androstene-7-one-3b,17b-di-(cyclopent-1'-enyl ether);  
Δ5-androstene-7-one-17b-ol-3b-(cyclopent-1'-enyl ether);  
Δ5-androstene-3b,7a-diol-17b-(cyclopent-1'-enyl ether);  
Δ5-androstene-7a-ol-3b,17b-di(cyclopent-1'-enyl ether);  
Δ5-androstene-7a,17b-diol-3b-(cyclopent-1'-enyl ether);  
Δ5-androstene-3b-ol-7-one-17b-(tetrahydropyranol ether);  
Δ5-androstene-7-one-3b,17b-di(tetrahydropyranol ether);

~~Δ5-androstene-7-one-17β-ol-3β (tetrahydropyranol ether);~~  
~~Δ5-androstene-3β,7α-diol-17β (tetrahydropyranol ether); and~~  
~~Δ5-androstene-7α-ol-3β,17β-di(tetrahydropyranol ether); and~~  
~~Δ5-androstene-7α,17β-diol-3β (tetrahydropyranol ether).~~

32. (Cancelled)
33. (Cancelled)
34. (Currently Amended) A method of any of claims 27-30 wherein ~~the modification produces~~ modified Δ5-androstene compound has a substantial increase in oral bioavailability and plasma half-life in mammals as compared to non-modified Δ5-androstene compounds.
35. (Currently Amended) A method of any of claims 27-31 wherein the supplement is administered to a human having symptoms of one or more of the following ailments: HIV/Aids, heart disease, lupus, diabetes, depression, low sex drive, and muscular wasting disease ~~and wherein the improvement in health comprises an improvement in said one or more of said symptoms.~~